

August 19, 2004

Free Physical Activity Program Offered for People with Diabetes

South Central District Health, Magic Valley Regional Medical Center, Magic Valley Diabetes Foundation, Gooding County Memorial Hospital, St. Benedict's Family Medical Center, and University of Idaho Cooperative Extension are partnering to offer a free physical activity program called "Step In To Action" for people who have diabetes. Physical activity has been shown to help control and manage diabetes.

The Step In To Action participants will receive a free pedometer (as supplies last) that will track steps taken/miles walked daily. Using a map, participants will track how far they have walked around Idaho. The program will start in September.

There are several ways to join Step In To Action: 1) Attend monthly Magic Valley Diabetes Foundation support group meetings at South Central District Health; 2) Attend monthly Magic Valley Regional Medical Center education meetings at the hospital; 3) Be a diabetes patient at Gooding County Memorial Hospital; 4) Be a diabetes patient at St. Benedict's Family Medical Center; or 5) Attend a "Healthy Diabetes Plate" course sponsored by University of Idaho Extension.

If you have questions about Step In To Action or want contacts to the above-mentioned agencies, please call Susie Beem at 734-5900, ext. 246.



Step In To Action!

What is Step In To Action?

This is a physical activity program for people with diabetes. It is a walking program using a pedometer that measures how many steps taken/miles walked. Using a map, you will track how far you have walked around Idaho.

How can I join Step In To Action?

- Attend monthly diabetes support group meetings at South Central District Health (Susie Beem at 734-5900, ext. 246) **OR**
- Attend monthly diabetes education meetings at Magic Valley Regional Medical Center (Gay Bondelid at 732-3223) **OR**
- Be a diabetes patient at Gooding County Memorial Hospital (Gene Phelps at 934-4433, ext. 148) **OR**
- Be a diabetes patient at St. Ben's (Ann Bybee at 324-1122, ext. 3311) **OR**
- Participate in a "Healthy Diabetes Plate" class (Rhea Lanting at 734-9590)

Why join Step In To Action?

Studies have shown that physical activity can help control and manage diabetes. Also, this program is free and you receive the pedometer free of charge!

When does this program take place?

The kickoff is in September and will end in May.

If you have questions, call Susie Beem at 734-5900, ext. 246.

Sponsored by: South Central District Health, Magic Valley Diabetes Foundation, Magic Valley Regional Medical Center, St. Benedict's Family Medical Center, Gooding County Memorial Hospital, and University of Idaho Extension.